

Kathy MacKnight/U.S. Navy photo

TRIBUTE TO VETERANS — Capt. James Cunha, Commanding Officer, Naval Academy Prep School, acknowledges the sacrifices of service-members throughout America's history at Veterans Day ceremonies outside City Hall on Broadway yesterday. The annual program is sponsored by the United Veterans Council of Newport County and Newport VFW.



Stay informed as winter nears

Naval Station Newport uses a variety of methods to communicate operational changes — especially Snow Condition — on the installation.

-Page 2



NHCNE pushes flu shots for all

Naval Health Clinic New England's infection prevention coordinator makes a point about getting flu shots annually.

-Page 2



Destroyermen enjoy COMREL

About 30 enlisted members from the visiting destroyer USS McFaul (DDG 74) volunteer for three community relations projects.

-Page 9

Stay informed this winter when storms threaten

By LISA W. RAMA NAVSTA Public Affairs Officer

off of our cars.

sure you know where to go for information regarding This past Monday was a weather impact on opera- determination on base wake-up call for some of us tions at your place of in the local area as we employment. In the event brushed the snow and sleet of significant snow fall, pro- the work day. cedures for traffic control,

operation changes the evening prior to the start of that day.

accumulation arrives, make will go into effect. When impacts operations in an emergency lanes are not morning of the storm. The possible, the Commanding unforeseen manner (power blocked by stalled vehicles, following is a reminder of Officer attempts to make a outages/traffic hazards) to facilitate snow removal the various methods used then the decision will be and to expedite recovery to communicate operamade no later than 5 a.m. operations. Make sure you tional changes on the

If the storm is either tine operations may be sus- delays. Check with your Once a base condition deci-Before any significant snow removal and parking worse than anticipated, or pended to ensure that supervisor now and not the

know what is expected of installation: In Snow Conditions, rou- you in the event of base

BASE CONDITION LINE:

INFORMATION, Page 14

Don't fool with seasonal flu; **Get your vaccination ASAP**

By PAMELA CHARRON

NHCNE Infection Prevention Coordinator

With influenza season quickly coming upon us, it is time to review how to protect yourself and your family from influenza and how to prevent spreading the disease.

Influenza is a contagious respiratory illness caused by the influenza virus.

Flu symptoms can be mild, but can also be a serious matter. In a typical year in the United States, more than 200,000 people are hospitalized from flu complications, including 20,000 hospitalizations of children under the age of 5 and 36,000 deaths.

Older adults, very young children, and people with certain health conditions (such as asthma, diabetes, or heart disease) are at higher risk for serious flu complications, the Center two influenza vaccinations, tion to previous vaccinafor Disease Control in one for seasonal influenza tion with the influenza vac-Atlanta reports.

the flu is to get vaccinated. The vaccine is safe and effective. The Department ongoing threat, the H1N1 of Defense Influenza Vaccination Program is part of our national defense strate- cine. gy to safeguard DoD personnel against the seasonal ommended for all persons influenza virus.

obtained annually because tra-indications to vaccinathe components of the vac- tion. This includes such cine change from year to things as a severe egg alleryear. Last year, there were gy or a severe adverse reac-



Greg Kohlweiss/U.S. Navv photo

Steven West, human resources technician for the Personnel Support Detachment (PSD) Newport, winces as he receives a flu shot from Hospitalman Apprentice Rebecca Brown, NHCNE, in Building 690 last week.

vaccine and one for H1N1 The best way to prevent vaccine. This year, because the 2009 H1N1 virus has health and safety are our been recognized as an vaccine was combined with the seasonal influenza vac-

Influenza vaccine is recaged 6 months and older The vaccine should be who do not have any con-

cine.

Here at NHCNE, your number one concern. The NHCNE Immunizations Department is available to answer any questions you have about the influenza virus or the influenza vaccine, as well as to provide the vaccination.

For up-to-date information on vaccine availability call the Call Center at 1-888-628-9633 between 6:30 a.m. and 6 p.m.

Wounded Warrior Care becomes DoN priority

By ZONA LEWIS

Navy Safe Harbor Public Affairs

WASHINGTON (NNS) — In a message released Nov. 2 to all Navy and Marine Corps personnel, Secretary of the Navy (SECNAV) Ray Mabus designated November 2010 as Wounded Warrior Care

"Recognizing and appreciating the sacrifices of wounded, ill and injured service members and their families remains a priority of the Department of the Navy," said Mabus. "Through the Navy Safe Harbor Program, the Marine Corps Wounded Warrior Regiment, and Navy Medicine we take care of our own by serving wounded warrior Sailors and Marines who are in active duty, reserve and veteran status."

These programs offer a variety of nonmedical support to seriously wounded, ill and injured service members through a comprehensive approach designed to optimize their recovery, rehabilitation and reintegration.

Non-medical support covers a wide range of areas including pay and personnel issues, invitational travel and nonmedical attendant orders, temporary lodging, housing and transportation adaptation, child and youth care, legal and guardianship issues, education and training benefits, commissary and exchange access, respite care and transition assistance.

Warrior Care Month is a way to highlight these various programs and services across Department of the Navy.



NAVSTA Public Affairs photo

Two participants in the U.S. Olympic Committee's Paralympic Sports Camp receive instruction from their coach, center, before a sports wheelchair race at NAVSTA in 2009. The camp is one method used by the services to select participants for the Inter-Service Wounded Warrior Games held annually.



Capt. Joseph P. Voboril

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

Greg Kohlweiss NAVSTA Public Affairs Staff

Bob Krekorian NAVSTA Public Affairs Staff

Richard Alexander

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AP photos WAR ZONE — Marine Cpl. Chuck Martin, 24, of Middletown. assigned to 2nd Battalion, 9th Marines' Echo Company, talks on a radio during a firefight last month in Marjah, Afghanistan. In photo at bottom, he crosses a makeshift bridge over an irrigation canal.

R.I. Marine on front line sees no downtime, endless grind

MARJAH, Afghanistan their nation.

Fri., Nov. 12th

WHAT MATTERS

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Most Americans have no a seven-month tour, U.S. crossed 140 miles of thorny idea about the sacrifices Marine Cpl. Chuck Martin, bomb-laced farmland and made by our troops, and we 24, has been in 16 firefights, should be very grateful that has done laundry twice, so many young men and mailed five letters, and 378 hours on post and 256

In the first two months of hours on patrol. He has waist-high trenches of water on foot.

Along the way, he has



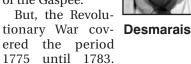
Author traces wartime life of Revolution

By JOHN W. KENNEDY

NWC Museum Director of Outreach

When learning about the Revolutionary War, often we are told about the key battles and the individuals who participated in those events.

Some local history might expand upon those major events, as we in Rhode Island know when we annually celebrate the burning of the Gaspee.





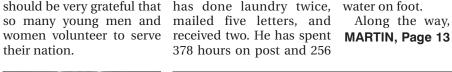
Surely there were other events which transpired that, when examined, would present a more complete and clearer understanding of that period in our nation's history.

This is the task that Norman Desmarais set for himself as he began his first volume, of a projected six volumes, detailing the geographical history of the American Revolution.

He spoke at the recent Eight Bells Lecture Series at the Naval War College Museum.

Entitled, The Guide to the American Revolutionary War in Canada and New England: Battles, Raids and Skirmishes, the volume details 403 confrontations that took place in the region. It is an exhaustive

DESMARAIS, Page 14



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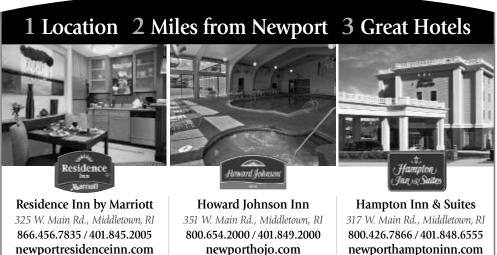
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MCC (AW/NAC) Robert Inverso/U.S. Navy photo

Members of the graduating class at the College of Naval Command & Staff listen to commencement speaker Professor John Maurer, the Strategy and Policy Department chair, in Pringle Hall at the Naval War College on Nov. 2.

CNCS graduates 71 officers

NWC Public Affairs Officer

The Naval War College's demic (NWC) College of Naval trimester, the students had and

By CMDR. CARLA McCARTHY (CNCS) graduated 71 offi- ber of 2009 for a year-long cers on Nov. 2.

> Phased in during the acayear's second Staff joined the college in Octo

academic program.

The intermediate-level students took graduate courses from NWC's three **GRADUATES, Page 14**

4 Ombudsmen

finish course

The Ombudsman Basic Training course was held at the Fleet and Family Support Center, Nov. 1-3.

The following individuals successfully completed the required training in order to fulfill their duties and responsibilities as command Ombudsman or to support the program.

They are:

— Joy Boyer, Navy Operational Support Center, Al ameida, Calif.

-Laboni Saxena, Naval Command College, Naval War College

— Ashley Wells, Command Leadership School

Nicki McMasters, Naval Health Clinic New England, Newport

Memorial service honors LeMieux, **NAPS** instructor

A memorial service for retired Navy Capt. Michael State College and received a A. LeMieux, a former chembachelor's degree in chemistry instructor at the Naval istry. While in college, he

Academy Preparatory School (NAPS), was held Nov. 1 in Beirut Memorial Hall auditorium, Naval Station Newport.

Vince LeMieux of Sugar Land, Texas, LeMieux brother of the deceased. delivered family. Personal reflections were given by other family members and friends.

LeMieux. Portsmouth, died Oct. 23. He had fought a long battle with leukemia since being diagnosed in 1998. He was known for his passion for teaching and inspiring young Sailors and midship-

He attended Western

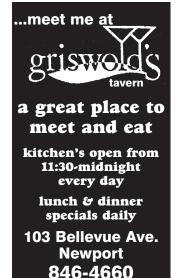
joined ROTC, and later earned a commission through Officer Candidate School in 1976.

He was commanding officer, destroyer USS O'Brien (DD 795), May 1995-March 1997.

He earned a master's remarks on behalf of the degree in chemical engineering from Pennsylvania State University in 1983. He graduated from the Naval War College with a master's in Strategic Affairs in 1994.

> Upon his medical retirement in January 2002, he taught chemistry at NAPS. He earned a reputation at NAPS as an inspiring and well regarded professor and mentor.x





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mark 115th year By M. SCHELLENBERG NHCNE Radiology Department

Radiologic techs

National Radiologic 13, recognizes the vital roles diagnostic imaging and radiation therapy play in today's health care continuum.

The week-long recognition not only honors imag-—but is also used to educate others inside and outside the field of health care has invested over \$800,000 about the diagnostic imaging professions.

sen to coincide with the new digital systems.

Nov. 8, 1895, discovery of xrays by German physicist Wilhelm Conrad Roentgen.

Following Roentgen's dis-Technology Week, Nov. 7 to covery of x-rays, Thomas Edison applied his famous creativity to the field and developed a fluoroscope that became the standard for the employment of xrays in health care in 1896.

The science and technoling professionals — the ogy used in diagnostic radiologic technologists imaging has since grown exponentially.

In 2010, Navy medicine for new diagnostic imaging equipment now in use at The annually recurring Naval Health Clinic New time frame has been cho- England, including two

30 PCOs, PXOs go down to sea in ships for SOSMRC

By STEVE VANDERWERFF NETC Public Affairs

More than 30 prospective commanding (PCOs) and prospective executive officers (PXOs) attending the Senior Officer Ship Material Readiness of the course Oct 22.

lowed the classroom section taught at Naval Education and Training Com-Officers School Command (SWOSCOLCOM) in Newport.

The class of 36 officers traveled to Norfolk, Va., San Diego, and Mayport, Fla. to get underway for a week on ships corresponding to vary from ship to ship since their ultimate assignment. each host ship will be exe-They rode aboard guidedmissile destroyers and the deployment cycle. frigates, amphibious ships, countermeasures ships and coastal patrol craft.

future commanding offi- had previous at sea expericers time to go to sea in ence in other roles on ships similar to the ones board a ship, each PCO they will command in order needs to prepare to assume to hone their readiness their most important role at assessment skills. While sea.' onboard, the engineering and material readiness curlong, divided into roughly riculum taught at SWOS three phases. The first was re-enforced by SOSM- phase is a common core RC instructors, by having addressing topics applica-

the classroom.

officers the students are provided opportunities to see ship spaces and systems whose operations were previously taught during the class-Course (SOSMRC) com- room phase," said Capt. pleted the ship ride portion Randy Lovell, deputy director for SOSMRC. "The The afloat training fol- instructor-led ship ride includes observing routine procedures such as preunderway checks, equipmand's Surface Warfare ment startup and operations, maintenance and system testing, material assessments, interaction with the ship's company, and a host of other evolutions and training events.

The particular events will cuting different phases of Many PCOs will have been away from the fleet for several years prior to returning to take command of their The week provided the ship. And while they have

SOSMRC is five weeks

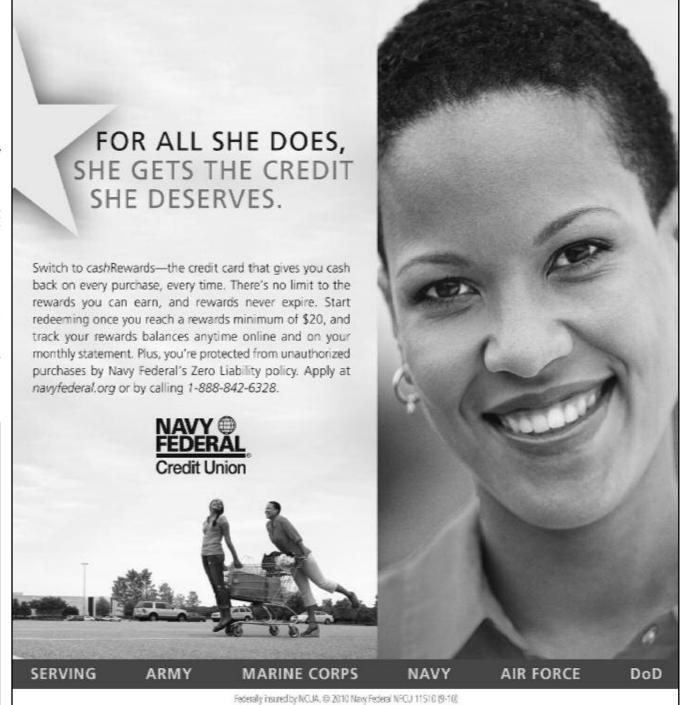
apply what they learned in second is a specialty phase type they will command. where specific systems and "During ship ride week ship operations for the par- occurs the last week of numbers, such as either the ticular ship type are covered.

> current fleet material readiness issues, along with a two day fleet maintenance process course. The students are instructed on sys-

class. Ship ride week is new Littoral Combat Ship approximately 70 percent coordinated between the design or an older steam classroom instruction and During the specialty east and west coast and, phase guest speakers cover where possible, all prospective commanding officers as near as possible to make ing the classroom phase are assigned a ship ride on a the training as meaningful students also have sessions ship identical to the one as possible. they will eventually command. There are occasion- ence is supervised by SWOS eral static displays used tems and equipment that all exceptions, where a stu-instructors who have previduring classroom training.

the students practically ble to all ship classes. The are identical to the ship dent is assigned to com- ously served as a command a ship in class that manding officer, executive The capstone event does not have sufficient officer or chief engineer. design. In those cases, the student is assigned to a ship

"The curriculum is thirty percent hands-on training," said Lovell. "Durin the engineering plant The ship board experisimulators, along with sev-





Military event opportunities

Reception to benefit Wounded **Warriors**

The Ancient Order of Hibernians will host a cocktail reception in support of the Wounded Warrior Project (WWP) tonight from 6 to midnight at 2 Wellington Ave in Newport. The event will feature live music by three bands, hors d'oeuvres, chance drawings, and a cash

Tickets are \$20 per person and are available now at the Hibernian Hall. Visit www.woundedwarriorpro*ject.org* for information.

More information on November as Wounded Warrior Month, see Page 2. TODAY, Nov. 12

U.S. Postal Service mailing

deadline for holiday packages third class to service-members in Afghanistan, Iraq and other locations. Other deadlines for delivery by Dec. 25 are: Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for Priority Mail/first class mail such as letters and cards; and Dec. 18, Express Mail Military Service.

- Governor Bradford House open house, Bristol, free for active duty military, including up to three family members. Visit www.mounthhopefarm.com//Co untry_Inn.html for information.
- · Graduation, Officer Candidate School Class 0211, Officer Training Command Newport, Kay Hall, 9 a.m.

SATURDAY, Nov. 13

- · Recyclables pickup in Balfour Beatty Communities by NAVSTA Public Works trucks: Melville, 7 to 8 a.m.; Greene Lane, 8 to 9 a.m.; Coddington Cove, 9 to 10 a.m.; Hart Field, 10 to 10:30 a.m.; Cloyne Court, 10:30 to 11 a.m.; Farragut Field, 11 to 11:30 a.m.; and Fort Adams, 11:30 a.m. to noon.
- Edaville Festival of Lights, South Carver, Mass., 2 to 9 p.m.

Active duty, reservists, and military retirees with ID cards receive free admission, and military family members receive half off admission. Call (508) 866-8190.

- Registration Day, Aquidneck Island Robotics, Building 80 on Access Road at Naval Undersea Warfare Center Division, Newport, 11 a.m. to 2 p.m. All high school students can join their team, by visiting usfirst.org.
- Free concert, "Voices in Harmony," Salve Regina University administration building, Ochre Point Avenue, 8 p.m. Call (401)
- Boston bus excursion, departs Navy Exchange parking lot at 9 a.m. and returns about 6 p.m. Call 841-3116 for informa-

SUNDAY, Nov. 14

• Free exhibit, "Birds of the Bay," Save The Bay's Exploration Center and Aquarium, Easton's Beach Rotunda, open Saturdays and Sundays, 10 a.m. to 4 p.m. Enjoy a reading of The Bay Gull, use field guides to identify native local birds and at 2 p.m. participate in migration activity and make a seagull hat.

MONDAY, Nov. 15

- NAVSTA Newport Recycling yard, near Building 47, open 8 a.m. to noon to all personnel with base access, tenant commands and activities.
- Boston Bruins Military Appreciation Night, TD Bank North Garden, 7 p.m. Reserve free tickets in advance at (617) 720-4949 or visit www.usonewengland.org for information.
- Blood drive, Rhode Island Blood Center, Gym 109, basketball Court 3. 4:30 to 7:30 p.m.

TUESDAY, Nov. 16

Rehearsal, Newport Navy Choristers, Chapel of Hope, 7 p.m. Call 849-1135 or visit www.newportnavychoristers.org for information.

WEDNESDAY, Nov. 17

· Restoration Advisory Broad (RAB) meeting, Officers Club, 6 p.m. Call 841-7561 before 1 p.m. on Nov. 17 if interested in

THURSDAY, Nov. 18

Great American Smokeout. Go to cancer.org/smokeout or call (800) 227-2345 for information.

Fleet and Family Support Center

Get some help before the mortgage

EDITOR'S NOTE: Some of the Fleet and Family **Support Center workshops** and meetings require registration. Call 841-2283.

Note: Thanksgiving Day holiday, Nov. 25, FFSC will be closed.

Purchasing a home is a complex task. There are many questions that need to be answered before you take that big step. Come to the Fleet and Family Support Center on Wednesday, Nov. 17, 6 to 8 p.m., for the Homebuyer's Workshop and learn about your options and how to decipher real estate lingo.

You will meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop. Registration is

	Friday-Sunday	Monday	Tuesday	Wednesday	Thursday
9 a.m.	1-2-3 Magic	Recovery from Sexual Abuse	Peace Talks Handing Peer Pressure and Gangs	Techniques of Play Therapy	Improving Your Self-Esteem
7 p.m.	1-2-3 Magic	Recovery from Sexual Abuse	Peace Talks Handing Peer Pressure and Gangs	Techniques of Play Therapy	Improving Your Self-Esteem

HELPFUL VIDEOS - Fleet and Family Support Center videos are offered twice a day at 9 a.m. and 7 p.m., seven days a week over Newport Naval Cable Television channel 13. The specialized videos are designed to help military members and their families with the frequent challenges and problems of daily life.

Job hunting? Job Search Management Strategies will be held Thursday, Nov. 18, from 11:30 a.m. to 1 p.m. at the Fleet and Family Support Center. Participants will learn about the job search process, including analyzing and responding to vacancy announcements, reviewing the application form, and identifying items to include in a resume.

Transition (TAMP) — This seminar is designed to assist service members leaving the military to prepare for transischeduled for Dec. 6-10, 8 a.m. to 4 p.m., at the Morale, Welfare and Recre-Building 656. Information on veterans' benefits, health care options, jobsearch techniques, disabilition is required.

Assistance ty claims, and much more Program will be offered. Spouses are encouraged to attend and registration is required.

Smooth Move — Ease the stress and frustration assotion to civilian life. It is ciated with the relocation of military families by attending the next Smooth Move workshop at the Fleet ation conference room, and Family Support Center.

The workshop is scheduled for Tuesday, Dec. 7, 9:30 to 10:30 a.m. Registra-

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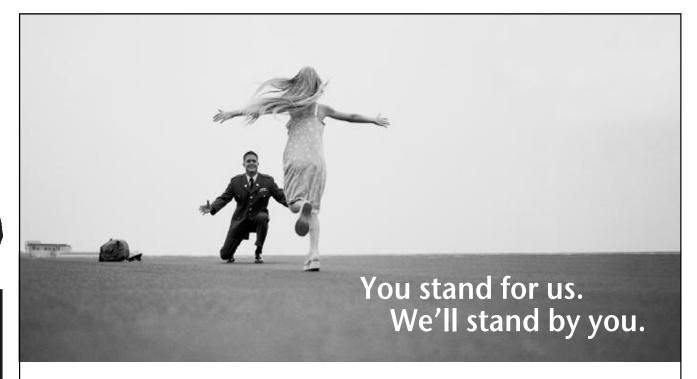
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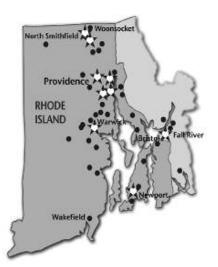








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NWC hosts Norwegian visiting scholar

By DAVID REESE

Naval War College Public Affairs

Dr. Katarzyna Zysk, a senior fellow at the Department of International Security Policy at the Norwegian Institute for Defense Studies, is currently serving as a visiting research scholar at the Naval War College. She is working at the Center for Naval Warfare Studies in such as the Naval War Colthe Strategic Research Department.

means so much because it sional provides me the opportunity to collaborate on many levels with highly competent colleagues—both academics and practitioners," Zysk said. "This visiting scholar program also gives me access to prestigious 2009 when she was invited academic institutions—



Dr. Katarzyna Zyks

lege—and policy decision making centers that allow "This academic exchange me to expand my profesinterests advance my perspectives through advanced research, academic projand professional ects papers."

> the NWC in September December, Zysk has given to speak on arctic security

at a conference organized by the college. Zysk was always interested in coming to the United States as a visiting scholar, but initially After 9/11." She has also thought it would be at a written various research civilian university.

"During the conference, I spoke with several professors and mentioned my academic research and writings about the Arctic and the Russian navy," Zysk said. "We thought it would be mutually profitable for me to come on board and share my expertise with the faculty and students. I was excited when I received the official invitation in February."

During her time at NWC, She became interested in which runs from April to lectures and made presentations on topics such as tic security environment.

"The Russian Navy Today," "Geopolitics in the Arctic Region" and "The Arctic in the International Security articles and conference papers as well as a book chapter for a member of the faculty.

Zysk is also acting as an adviser to the Chief of Naval Operations' shipping game that is being organized and will be conducted at the NWC in December.

Proficient in Russian, English, Norwegian, Polish and French, Zysk has published a monograph, numerous book chapters, articles in academic journals and in the media on a variety of subjects such as transformations in the Arc-



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NEX offers help with tuition cost

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of November.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through Grade 12.

Dependent children without an individual military dependent identification card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by the NEX with a current report card and have a NEX associate verify the minimum grade average.

Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

Voluntary Education program targets job, then academics

By SUSAN LAWSON

Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH, Va. - Recent changes to the Navy's Voluntary Education (VOLED) program are designed to first prepare the Sailor for the job and then focus on the pursuit of academic goals.

Another change included the stand up of the Virtual Education Center (VEC) where Sailors can receive counseling and information around the globe. Details on these updates are available in the Navy Administration messages (NAVAD-MINs) 105/10 released in March 2010 and 245/10, released in July 2010.

"It's important for our Sailors to understand the Navy's focus on Voluntary Education," said Capt. Chuck Hollingsworth, commanding officer, Center for Personal and Professional Development (CPPD). "Our goal is not to simply 'enroll more Sailors,' but to enroll Sailors who are postured for success in the pursuit of a degree."

CPPD, part of the Naval Education

and Training Command domain, manages the execution of the Navy's VOLED programs.

"We work closely with Sailors to ensure they maximize their education benefits by providing them with education planning and counseling prior to their use of Tuition Assistance (TA)," Hollingsworth said. "This pre-planning and counseling gives Sailors time to acclimate to their work in the Navy, and also allows them time to develop foundational education skills that will help ensure their future academic successes.

According to Hollingsworth, NAVADMIN 105/10 is the most significant VOLED policy change in the past 12 months, and has been met with broad approval, especially within the ranks of senior enlisted leadership. NAVADMIN 105/10 requires new accessions, both officer and enlisted, to serve one year at their first permanent duty station before applying for TA.

It further requires all Sailors to have an education plan on file with Navy College before TA is author-





Greg Kohlweiss/U.S. Navy photo TUG pushes the guided missile destroyer USS McFaul (DDG 74) away from Pier 2, Naval Sta-

tion Newport, after a week's port-of-call.

USS McFaul Sailors lend hand in COMREL projects

BV BOB KREKORIAN

NAVSTA Public Affairs Staff

USS McFaul (DDG 74) performed about 120 manhours of volunteer service a common goal. last week at three communine-day visit to Naval Station Newport.

McFaul, homeported in Sailors, he said. Norfolk, Va., concluded her face Warfare Officers School (SWOSCOL-Command Pier 2 Nov. 8.

McFaul crewmembers participated in team building at the Fire Fighter School and Buttercup Damage Control trainer; bridge Conning Officer Virtual Environment (COVE) trainer; training in the DDG engineering simulator, SWOS; and 2nd Class swim qualifications at the Lt. Michael P. Murphy Combat Training Pool.

The COMREL projects provided an opportunity for the McFaul's Junior County. Sailor Association to build team work skills.

"Our goal is to make better leaders and help each ter builder. "I wish some-

other," said Petty Officer one would have helped out as the association's presi-said. Thirty Sailors from the dent. He said the COMREL Sailors to work together on

mentoring to the junior came from," she said.

Thirteen volunteers from school ship visit for the Sur- the McFaul donated 52 man-hours at Lucy's Hearth, the Newport Coun-COM) when she departed ty Homeless Shelter for Women and their Children, During the ship's visit, in Middletown, helping to organize a food pantry storage area and clothing donation room. Others cleaned the facility's play yard.

"I volunteer because I get watch team training in the some satisfaction by helping someone in need," said Petty Officer Jessie Roy.

Seventeen volunteers from the McFaul donated 68 man-hours and finished several interior painting projects at two group homes in Middletown, operated by Child and Family Services of Newport

Seaman Jonathan Pagan said helping out at the group home was a charac-

Edward Miller, who serves in our neighborhood," he

Another McFaul volunguided missile destroyer projects provided an teer said giving back to the opportunity for the junior community was important. "This is part of helping out the less fortunate," said "By helping each other, Petty Officer Dionna Gornity relations (COMREL) we can help others in don of New Castle, Del. "It projects during the ship's need," Miller said. An asso- reminds you that you ciation goal is to provide shouldn't forget where you



TEAMWORK — Enlisted crewmen from the USS McFaul, from front to rear, Anne Chester, Jonathan Pagan and Yun Duguid, paint a hallway in a group home in Middletown, operated by Child and Family Services of Newport County, during the ship's community relations project on Nov. 4.



Bob Krekorian/U.S. Navy photos Pupils in kindergarten through Grade 4 from the Dr. Martin Luther King Jr. Community Center in Newport visit the USS McFaul last Friday and listen to Ensign Christina Schreiber explain the alarm systems in the ship's bridge.





School Liaison Office

Free camping offered kids

WEST GREENWICH — Operation Military Kids is offering an exciting free overnight camping experience for military youth ages 11 to 17 on Nov. 20-21.

Overnight accommodations will be at the University of Rhode Island's W. Alton Jones Campus in West Greenwich. Call 401-874-5291 to receive information about the forms you will need for your child to participate.

All military youth ages 11 to 17 from all branches are welcome.

Mail completed forms back to Pamela Martin, 75 Peckham Farm Road, Kingston, R.I. 02881; or

scan and email them to pmartin@uri.edu

Space is limited, so register early.

Cuddlers and Crawlers Groups are organizing

Child and Youth Military and Family Life Consultants are sponsoring a Cuddlers Group (birth to crawling) and a Cruisers Group (crawling to 15 months) where new parents will find support from other new parents as they share the joys and challenges of parenting.

Groups are open to all military families. Location of the groups are TBA, according to interested participants.

Call Edward Ouellette at the Family Assistance Center to register: 401-275-OR 4336 e-mail Edward.Ouellette@us.army.

Robotics wants you

MIDDLETOWN— Aguidneck Island Robotics (Aquidneck Island Robotics 4H Club) invites all high school students to join the

FIRST Robotics Competition (FRC) registration day is Saturday, Nov. 13, from 11 a.m. to 2 p.m. at Building 80 on the Access Road at the Naval Undersea Warfare Center Division, Newport.

For information visit usfirst.org.

Civilian eligible for donated leave

An employee at Naval gency. Station Newport has been approved as a recipient for been affected by a medical leave under the Voluntary emergency may submit a Leave Transfer Program.

Denise Mitchell, administrative assistant with the donate unused annual Surface Warfare Officers leave to assist Mrs. Mitchell School (SWOS), has been should complete *OPM* approved as a leave recipient due to a medical emer- Donate Annual Leave-Out-

written application.

Employees who wish to Form 630-B (Request to

side Agency), for non-SWOS An employee who has employees, available in electronic format www.opm.gov. Forward the completed form electronically to Nicole Magno, SWOS administrative assistant,

Nicole.magno@navy.mil; or fax 401-841-2173. phone number is 841-2645.

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(Gym 109, 841-3154)

- Fall into healing with **Body-Wise Therapeutics.** For the month of November Body-Wise Therapeutics is offering a 15-minute extremity-focused massage ends on Nov. 30. Appointments now available at Gym 109, call 401-862-9043 for an appointment.
- Blood Drive on Monday, Nov. 15, from 4:30 to 7:30 p.m., at Gym 109

Donate the gift of life to someone. Come to Gym 109 and donate blood. The Rhode Island Blood Center will set up on basketball

tion, call 841-3154.

through Friday, Nov. 16 to 19 for initial weigh-ins, with final weigh-ins Monday through Friday, Jan. 3 to 7. The goal is to maintain your body weight plus or minus session for only \$20. Offer 3 pounds from November to January.

ly we will be honoring you with a mystery prize. Tips and encouragement are at your fingertips from our training staff. We want you to succeed! For more information, call 841-3154.

ness & Fueling Series to set up your training ses-(NOFFS) Newport has a sion for NOFFS.

on staff for all Command • Refrain from the Holi- Fitness Leaders (CFL). This day Gain begins Tuesday new Navy-wide training was designed specifically to address the needs of physical training with various challenges such as confined spaces, nutritional choices and functional fitness for on the job tasks.

NOFFS is specifically for If you do this successful- CFL's to bring to the commands for an effective yearround physical training program.

Command Fitness Leaders: contact the MWR Fitness Coordinator, Christina Savoie • Navy Operational Fit- Christina.savoie@navy.mil

Liberty Center

(Recreation Center Building 656, 841-3054)

Hours of operation are Monday to Thursday, 4 to 8 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, noon to 8 p.m.

November Events

Tonight - Texas Hold'em Tournament, with prizes, 6 p.m.

Nov. 13 - Providence Paintball Trip, sign up at Liberty.

Nov. 14 – Guitar Hero Tournament, with prizes, 6

Nov. 15 - Ping-Pong Tournament with prizes, 6 p.m. Nov. 16 - Wii Sports Tournament, prizes, 6 p.m. Nov. 17 - Billiards Tour- nament, prizes, 6 p.m. nament, prizes, 6 p.m.

Nov. 18 - Madden Tour-







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Martin

Continued from Page 3

farm animals in crossfire. The rugged outposts in which he has lived have been shot at 46 times.

describe it," Martin of Middletown, R.I., Troops bathe with water warmed by the said, summarizing his time so far in the afternoon sun. Fleas are such a problem, insurgent-plagued southern Afghan dis- many Marines have taken to wearing flea trict of Marjah. "There's no down time. It's collars made for cats or dogs around their a constant grind."

Cpl. Martin is the son of retired Mess Management Specialist 1st Class Charles Cpl. Benjamin Long, 21, of Trussville, Ala., Martin, who is a cook at the Nev Hall Gallev. Naval Station Newport. Martin retired in 2003 and his son enlisted in the Marines ing like cavemen." in 2006.

can military life in this rural battle zone, where a new generation of young servicemembers is growing up thousands of miles from home.

Since arriving in mid-July, personnel from the 2nd Battalion, 9th Marines' Echo Company have spread out across 13 small, moving through. austere outposts in northern Marjah, a vast patch of fields and ancient hardened electricity that one company commander biggest blast his unit has seen. likened to "200 BC."

At one outpost called Inchon, a droning generator provides power for iPods and Press, carried in Navy Times and Marine laptops loaded with movies, and just two *Corps Times*.)

ripped eight pairs of pants, ruined two lights — one for the Americans, the other pairs of boots, and downed 1,350 half-liter for their Afghan counterparts. Service bottles of water. His platoon has killed at members have knitted together several least eight militants in battle and nine shaky chairs from the metal fencing of discarded Hesco barriers.

At many bases, Marines sleep outside on cots inside hot-dog shaped mosquito nets. "Tiring would be the best word to There are no toilets and no showers. wrists and belts.

> "It's definitely a culture shock," Lance said of life for incoming Marines. "Some people come here and they think we're liv-

The two American Marine battalions Cpl. Martin's list, stored on spreadsheet deployed in Marjah since last summer on his laptop, offers a snapshot of Amerihave lost 21 men so far, according to a Facebook page that tracks casualties.

> The dangers of Marjah became apparent shortly after the Marines touched down. On one early patrol, six of them were wounded when guerrillas sprayed machine gunfire down a canal they were

Lance Cpl. Matthew Gallant, 21, of Cape Cod, was in a convoy that hit two roadside mud homes without running water or bombs in 24 hours, one of which was the

(Article by Todd Pitman, Associated



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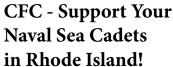
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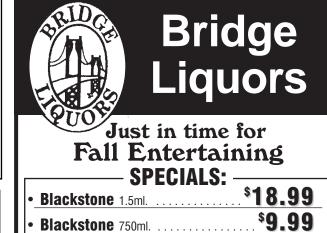


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Announcements

Thrift Shop to close Nov. 18 for Thanksgiving week break

The Navy Marine Corps Relief Society Thrift Shop will close on Thursday, Nov. 18, as the last business day before Thanksgiving week. The shop will reopen for business at 11 a.m. on Nov. 30.

Parents support group targets Asperger's Syndrome condition

TIVERTON—A parents support group on children with Asperger's Syndrome is forming in Tiverton and will hold its first meeting on Wednesday, Nov. 17, at 6:30 p.m. in the Tiverton High School Library. For questions or to RSVP contact Carolyn Souza at (401) 835-2110 or e-mail: fenshuitay@gmail.com

Information -

Continued from Page 2

sion is made, the CDO will update the base condition line (841-2211) and notify all tenant command CDOs.

R.I. BROADCASTERS ASSOCIATION: In addition to the base condition line, notification of base status will be provided as a public service and air on most major local television and radio stations. You can log onto any of the TV station (www.abc6.com; www.wpri.com; www.turnto10.com) websites and view their closures and delays listings or watch their programs. The status of Naval Station Newport is under the Government section of the list.

FACEBOOK - NAVAL STATION NEWPORT, RHODE ISLAND: Log on to the Naval Station Newport, Rhode Island "Facebook" page http://www.facebook.com/pages/Newport-RI/Naval-Station-Newport-Rhode-Island/141428087454. Everyone is encouraged to become a "fan" now as this tool is used as an authorized method to communicate all general announcements.

AUTOMATED TELEPHONIC/E-MAIL NOTIFICATION: The AtHoc automated notification system. Naval Station Newport Emergency Management is currently in the process of configuring the AtHoc system for use during foul weather.

Cell phone, home phone, and work and home e-mail addresses, Fax and TTY/TTD can be loaded into the "AtHoc" system so that you are contacted automatically once the condition is changed (the Naval War College and Naval Health Clinic New England have different but similar systems).

You must log on from an NMCI computer and right click on the purple sphere on the toolbar at the bottom right of your screen; select "access self service"; and select "Devices." You can then add whatever devices you want to be contacted on. Contact Steve Moore, NAVSTA Emergency Management Officer. Stephen.j.moore1@navy.mil if you have questions.

It is important to note that the condition posted for Naval Station Newport may not be the same for all tenant commands. Personnel must determine from their respective commands if they should follow what is posted for Naval Station Newport. Check beforehand to avoid any confusion the morning of a storm.

Special events

Reception with live music benefits Wounded Warriors

The Ancient Order of Hibernians will host a cocktail reception in support of the Wounded Warrior Project (WWP) tonight from 6 to midnight at 2 Wellington Ave.

The event will feature live music by three bands – the electives program that provided Bad Lieutenants; Charlie Meehan and Scott Krous; and opportunities to explore subjects Tim May and Tony Gutierrez—hors d'oeuvres, chance not included in the core curricudrawings, and a cash bar.

The Wounded Warrior Project is a national non-profit detail specific elements of the organization whose mission is to honor and empower wounded service-members from the nation's recent and current conflicts. Specific programs include benefits chair, Professor John Maurer, was counseling, adaptive sports programs, advocacy at the local and national level, alumni and peer mentoring, and employment counseling putting wounded warriors back to work.

Tickets are \$20 per person and are available now at the speaker. Hibernian Hall. All proceeds will go to the WWP. For more information about WWP, visit www.woundedwarriorproject.org

Public Works to collect recyclables in housing

Naval Station (NAVSTA) Newport will pick up recvclables at curbside in the family housing areas on Saturday, Nov. 13, to promote the installation's Recycling Program and build awareness about America Recycles Day.

In conjunction with America Recycles Day, Nov. 15, NAVSTA Newport's Recycling yard located across from Building 47 will be open, 8 a.m. to noon to all personnel with base access, tenant commands and activities.

NAVSTA Newport Public Works (NAVFAC) trucks will pick up recyclables on Nov. 13 in the housing areas beginning with Melville, 7 a.m. to 8 a.m.; Greene Lane, 8 a.m. to 9 a.m.; Coddington Cove, 9 a.m. to 10 a.m.; Hart Field, 10 a.m. to 10:30 a.m.; Cloyne Court, 10:30 a.m. to 11 a.m.; Farragut Field, 11 a.m. to 11:30 a.m.; and Ft. Adams, 11:30 a.m. to noon.

The recycling program will not accept household trash, electronics, refrigerators, air conditioners, oil, or any items containing freon.

Restoration Advisory Board scheduled at Officers' Club

Anyone interested in environmental issues concerning Naval Station Newport are welcome to attend the next Restoration Advisory Board (RAB) meeting on Wednesday, Nov. 17, at 6 p.m. at the Officers' Club.

Members of the public without normal base access must call 841-7561 by 1 p.m. on Nov. 17 if interested in

Individuals without normal base access must contact environmental at the above telephone number prior by the 1 p.m. deadline.

The Restoration Advisory Board is a forum where participants can meet fellow citizens and representatives from the Navy, the U.S. Environmental Protection Agency, and the Rhode Island Department of Environmental Management, and help plan studies and restorations of cleanup sites.

The group meets the third Wednesday of every other month.

Graduates

Continued from Page 4

academic departments: Joint Military Operations, Strategy and Policy, and National Security Decision Making. Their studies were also complemented by an lum or to investigate in greater core curriculum.

Strategy and Policy Department chosen by the graduating class of two Marine Corps, seven Army, one Air Force, and 61 Navy students to be commencement

He encouraged the graduates to stay connected with the college and each other.

"We here at the college can speak with confidence about the future because we have seen that future by working here with you,'

The graduates earned Joint Professional Military Education phase I credit, a critical milestone in an officer's professional development, in addition to a Master of Arts degree in National Security and Strategic Studies.

Desmarais

Continued from Page 3

study that views the war on a dayto-day level and puts a more human face on the rebellion as the issues that spark the confrontations were often less than strategic in nature. By the end of the series, he will have expanded the total number of engagements documented to the impressive level of nearly 3,000 confronta-

Desmarais is a librarian at Providence College and an active reenactor of Revolutionary battles. His experiences have given him a unique understanding of the topic as he has walked the fields of battle and seen how progress has changed the terrain.

The next lecture will be on Nov. 18 with Norman Friedman discussing his latest book, Unmanned Air Systems. Lectures are at noon on the second floor of the NWC Museum.

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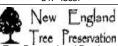
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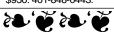
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Sports

Rams absorb OT loss, prepare for Army Prep

By GREG KOHLWEISS

NAVSTA Public Affairs Staff

The Naval Academy Prep School's football team prepared for its biggest and last game of the season tomorrow against the Military Academy Prep School after dropping a hard-found battle against powerhouse **Hudson Valley Community** College last Friday.

The Rams hosted Hudson in a night game at Nimitz Field, losing 35-28, in overtime. The team's season record is 4-4.

As a team, the Rams rushed for 440 yards. Running back Noah Copeland was co-offensive player of the game with 332 yards rushing on 32 attempts in a failing effort against Hudson Valley. The other cooffensive player of the game was right guard Jake Zuzek with 19 knockdowns and two big blocks.

Defensively, outside line- coaches said. backers Joshua Tate and good things in the secondary for the team as well, the opponent this week we are soaked showdown last year.



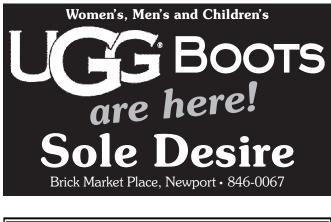
Jon Dillworth/MWR photo

Naval Academy Prep School defensive backs Lonnie Richardson, center, and outside linebacker Josh Tate haul down Hudson Valley Community College's ball carrier at Nimitz Field last Friday.

focused on now. We have "As a team we took it to 'Little Army-Navy' this Carrington Lewis, and safe- overtime, but did not get it weekend in Ft. Monmouth, ty Chris Ferguson did some done," said Coach Mick N.J." The Rams beat the Yokitis. "We have a big Golden Knights in a rain-



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